## **December 2009**

December 2009					January 2010								
S	Μ	Т	W	Т	F	S	S	М	Т	W	Т	F	S
6 13 20 27	7 14 21 28	1 8 15 22 29	2 9 16 23 30	3 10 17 24 31	4 11 18 25	5 12 19 26	3 10 17 24 31	4 11 18 25	5 12 19 26	6 13 20 27	7 14 21 28	1 8 15 22 29	2 9 16 23 30

				31		
Monday	Tuesday	Wednesday	Thursday	Friday		
	December 1		3	4		
	12:00pm DELICIOUS HAMBURGER STROGANOFF, VEGETABLES, DESSERT, MILK	12:00pm HOME STYLE PORK ROAST, RICE PILAF, VEGETABLES, DESSERT, MILK	12:00pm CHICKEN STEAK/W SAUCE, NOODLES, VEGETABLES, DESSERT, MILK	12:00pm TASTY TUNA MELT, TATOR TOTS, COLESLAW, DESSERT, MILK		
7	8	9	10	11		
12:00pm HEART HEALTHY CHICKEN FILET, STUFFING & GRAVY, VEGETABLES, DESSERT, MILK	12:00pm CRISP FISH SANDWICH, POTATO WEDGES, VEGETABLES, DESSERT, MILK	12:00pm YOKOSBA, NOODLES, VEGETABLES, DESSERT, MILK	12:00pm ZESTY KIELBASA, SAUERKRAUT, POTATOES, DESSERT, MILK	12:00pm HOME MADE SPAGHETTI, W/MEAT SAUCE, VEGETABLES, GARLIC BREAD, DESSERT, MILK		
14	1			18		
12:00pm COUNTRY STYLE CHICKEN & BISCUIT, VEGETABLES,	12:00pm SLOPPY JOE, POTATO, VEGETABLES, DESSERT, MILK	12:00pm HEARTY SPLIT PEA SOUP, SANDWICH, DESSERT, MILK	12:00pm SCRUMPTIOUS CRAB LIGUINE, SALAD, BREAD STICK, DESSERT, MILK	12:00pm HEAVENLY ROAST BEEF, COMPANY POTATOES, VEGETABLES, DESSERT, MILK		
21	22	23	24	25		
12:00pm TASTY SALISBURY STEAK, POTATOES, VEGETABLES, DESSERT, MILK	12:00pm COOKS CHOICE	12:00pm DELICIOUS BAKED HAM, SWEET POTATOES, CORN, ROLL, PIE, MILK	12:00pm ALL SITES CLOSED FOR CHRISTMAS!!!	12:00pm ALL SITES CLOSED  MERRY  CHRISTMAS!!!!!		
28	29	30	31			
12:00pm YUMMY LASAGNA ROLLS, VEGETABLES, BREAD STICKS, DESSERT, MILK	12:00pm FULFILLING CHEESEBURGER SOUP, SALAD, DESSERT, MILK	12:00pm RING BOLOGNA, PARSLEY POTATOES, VEGETABLES, DESSERT, MILK	12:00pm ALL SITES CLOSED FURLOUGH DAY			

Aging - Nutrition Site Menu 1 11/10/2009 12:17 PM